



WHAT'SHEATE



Mississippi Mud Pie Chex Mix



Dairy Free

READY IN



25 min.

SERVINGS



28

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 9 cups corn flakes/bran flakes
- ☐ 2 cups cashew pieces
- ☐ 2 cups marshmallows miniature
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 2 teaspoons vegetable oil

Equipment

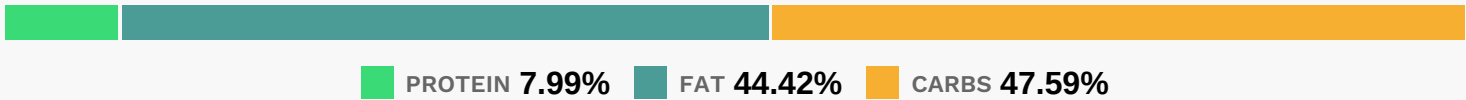
- ☐ bowl
- ☐ baking sheet

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large bowl, mix cereal, pecans and marshmallows.
- ☐ Spread mixture on 2 large ungreased cookie sheets.
- ☐ In 2-cup microwavable measuring cup, microwave chocolate chips and oil uncovered on High 1 minute, stirring after 30 seconds. If necessary, microwave 15 to 30 seconds longer or until smooth.
- ☐ Drizzle chocolate over cereal mixture.
- ☐ Refrigerate until set; about 10 minutes. Break into pieces. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:5.64, Glycemic Load:8.16, Inflammation Score:-6, Nutrition Score:11.664782702761%

Nutrients (% of daily need)

Calories: 177.67kcal (8.88%), Fat: 9.29g (14.3%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 18.77g (6.83%), Sugar: 9.45g (10.5%), Cholesterol: 0.73mg (0.24%), Sodium: 74.61mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.45mg (3.48%), Protein: 3.76g (7.52%), Manganese: 0.77mg (38.63%), Iron: 4.99mg (27.73%), Folate: 88.1µg (22.02%), Copper: 0.42mg (21.08%), Magnesium: 77.8mg (19.45%), Fiber: 3.63g (14.53%), Phosphorus: 144.24mg (14.42%), Vitamin B1: 0.21mg (14%), Selenium: 9.66µg (13.81%), Vitamin B6: 0.26mg (13.06%), Vitamin B3: 2.35mg (11.75%), Vitamin B2: 0.19mg (11.25%), Vitamin B12: 0.66µg (11.08%), Zinc: 1.5mg (9.99%), Vitamin A: 327.5IU (6.55%), Potassium: 198.41mg (5.67%), Vitamin K: 4.79µg (4.56%), Vitamin D: 0.42µg (2.83%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.28mg (1.87%), Calcium: 16.71mg (1.67%)